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February 2014 Newsletter

Why did the basil and ginger get thrown in jail? Because the lemongrass.

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Happy February! How are you all getting on with your New Years resolutions? Are you going great guns, or struggling with a few bits? I'd love to hear. Please feel free to forward this to family or friends, or alternatively point them in the direction of the sign-up box [on the website](#) - remember they'll get a free copy of my article Myths of Fat Loss when they subscribe!



News from Fitbiz Training [\[back to top\]](#)

- Aliments 3 for 2 offer is on for the whole of February - a great chance to stock up on Vitamin D to get you through the winter - and better still, you get free delivery at the moment too! They also do some really good probiotics; you might like to treat yourself to a bottle after reading the lifestyle tip about those digestion drinks too many people take. [Aliment's Website.](#)
- I've got a couple of suggestions left on my "to write" list from last time I asked you, which I will get to over the next week or so - but please do send me your questions about food, exercise and/or mindset. I'll answer your questions in an email over the next few weeks.

Lifestyle Tip: Digestion Drinks [\[back to top\]](#)

A study at Reading University recently found that half of the mass-produced probiotic drinks and yoghurts weren't able to even survive stomach acid - meaning they weren't able to reach the gut, and so weren't able to have an effect. Some of the tested drinks and yoghurts had no proven health benefits at all.

Those drinks and yoghurts which were at least able to survive stomach acid, are so packed with sugar that their questionable benefits are largely outweighed by the gut-offending effect of sugar.

Don't be tempted by the sugar free versions either - the artificial sweeteners added are potentially worse than the original sugar.

Seasonal Foods [\[back to top\]](#)

Vegetables around in January are:

Brussels sprouts, cauliflower, celeriac, celery, chicory, horseradish, Jerusalem artichoke, kale, leeks, parsnips, potatoes, salsify, shallots, swede, turnips

And January's fruits are:

Bananas, blood oranges, clementines, kiwi fruits, lemons, oranges, passion fruit, pears, pineapple, pomegranate, rhubarb, satsumas, tangerines

Juice Of The Month [\[back to top\]](#)

Vegetable juices with a bit of fruit in them for sweetness are the ultimate way to increase your veg, vitamin and mineral intake. If your digestion isn't as great as it could be, juices will be a really good way to get nutrients in. These aren't to be used instead of anything, they're just a way to increase how many vitamins you're eating, plus they feel like a nice, sweet treat.

Beetroot, Carrot, Cucumber, Ginger and Pear

Juice one small beetroot, one medium carrot, about 1/4 cucumber, a thumb size bit of ginger (or more if you're feeling brave) and a pear (or two if you prefer this juice a little sweeter).

I put 3 teaspoons of fish oil into my juices to increase the health benefits even further. The fish oil I use is flavoured with orange oil so your juices won't start tasting fishy. I whole heartedly recommend, [Aliment's Fish Oil.](#)

I also recommend [this juicer.](#)

What I'm Cooking: Mexican Inspired Omelette [\[back to top\]](#)

This sounds like a bit of a weird invention, but honestly, I have been raving about it since I cooked it. Good old Jamie Oliver - this is from his "Save With Jamie" book.

Prep: 15 minutes

Cook: 5 minutes

Serves: 2

- 1 Avocado
- 3 tbsp Natural Yoghurt
- 1 Lime, Juice
- Large handful fresh Coriander
- 1 Carrot
- 1 small Onion
- Decent handful Cabbage
- 1 Red Chilli (to taste)
- Butter
- 4 Eggs

Method

1. In your blender, whizz up the avocado, yoghurt, lime juice and coriander until smooth and leave to one side
2. Grate your carrot and onion, and finely slice the cabbage and chilli. Mix the veg together
3. Thoroughly mix the avocado dressing in with the veg - get your hands in there!
4. Heat some butter in a pan and beat your eggs in a jug. When the butter has melted and the pan is hot, pour half the eggs in and spread out. Leave it to cook slowly all the way through without turning.
5. When the omelette is ready, pop half of the vegetable mix along the centre of the omelette, then fold the omelette over the veg to make a sort of parcel - somehow get it from the pan onto the plate without it all going wrong.
6. Either serve the first one straight away or pop the plate in the oven to keep warm for a few minutes while you make the second in the same way.

Until next time, enjoy staying healthy!

Best wishes,



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